

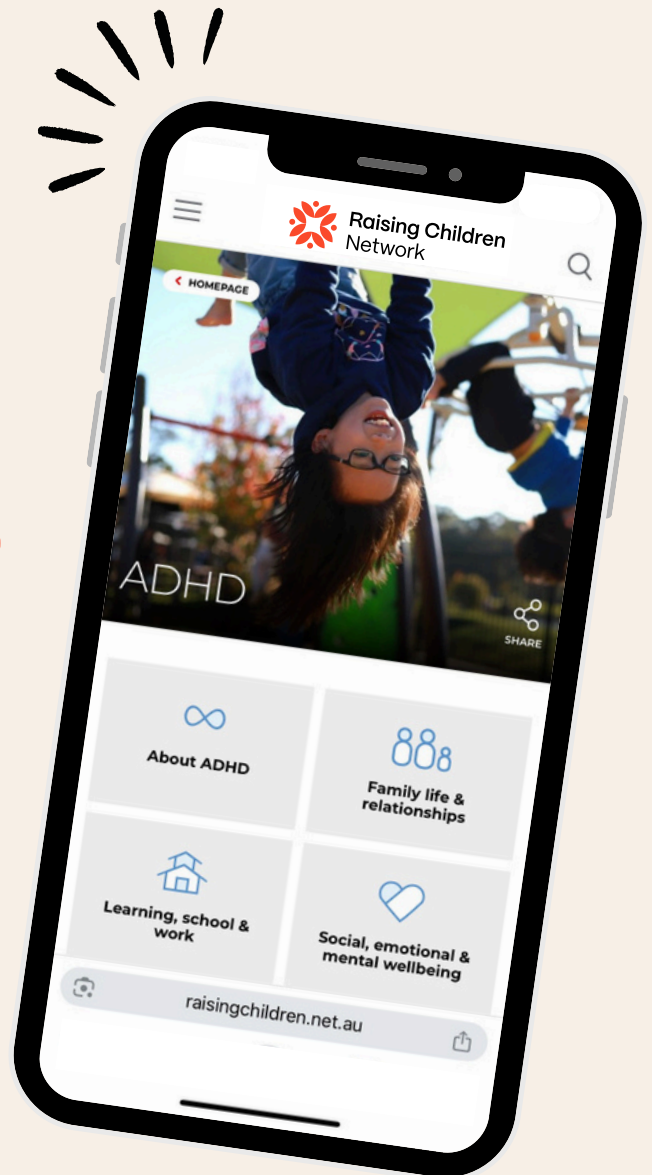


Raising Children
Network

New ADHD resource hub for parents

Raising Children Network has launched an ADHD content hub, developed with Australian experts and families to support parents and carers of children and teenagers with ADHD.

This collection of evidence-based resources answers common questions about ADHD, offers practical guidance for families and has tips for embracing and celebrating neurodiversity.



Learn More



What's new in the ADHD hub



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ADHD strengths

ADHD strengths include creativity, empathy, hyperfocus, resilience and high energy. When parents can identify and understand their child's strengths, they can help their child thrive at home, at school and in social situations. This article explains how.



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Sleep

ADHD characteristics can sometimes make it hard for children and teenagers to get the sleep they need. This resource explains why common sleep issues happen and provides tips for daytime and bedtime habits that can help with ADHD sleep problems.



[Learn More](#)

Self-regulation

Developing self-regulation skills can help children and teenagers with ADHD to learn well, behave positively, get along with others and become independent. This article has strategies parents can try with their child to help them develop self-regulation.



[Learn More](#)

Educational adjustments

Children and teenagers with ADHD have learning strengths and challenges. This article explains the types of adjustments available at school, how to talk with teachers, and how to make sure your child gets the support they need to thrive in the classroom.